



PALMYRA ELEMENTARY SCHOOL LUNCH MENU

January 2011



BREAKFAST MENU

Monday

Assorted Cereal w/
Toast

Tuesday

Sausage, Egg, Cheese
on an English Muffin

Wednesday

Waffles with Syrup

Thursday

Honey Wheat Bagel
w/ Jelly

Friday

Scrambled Eggs w/
Toast

Daily Breakfast

Choices:

~Assorted Whole
Grain Cereals with
Toast

~Variety of Fresh
Bagels



~Hot Entrée

All breakfasts served
with
Fruit and
Low Fat Milk

Menu



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<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
3 Cycle Day 5 HOT HAM AND CHEESE SANDWICH Potato Wedges Chilled Pears	4 Cycle Day 6 BEEF STIR FRY W/ WHITE RICE Oriental Vegetables Petite Banana	5 Cycle Day 1 CHICKEN POTPIE Dinner Roll Garden Salad Pineapple Tidbits	6 Cycle Day 2 SPAGHETTI W/ MEAT SAUCE Dinner Roll Crisp Salad Applesauce	7 Cycle day 3 BBQ RIB SANDWICH Seasoned Veggie Blend Fresh Fruit
10 Cycle Day 4 BEEF BURRITO Seasoned Rice Buttered Corn Chilled Peaches	11 Cycle Day 5 MEATBALL HOAGIE W/ CHEESE Tender Green Beans Chilled Mandarin Oranges	12 Cycle Day 6 JAMACAIN PORK Whole Wheat Dinner Roll Seasoned Rice Broccoli Florets Applesauce	13 Cycle Day 1 TUNA HOAGIE Tator Tots Fresh Fruit	14 Cycle Day 2 HOT TURKEY SANDWICH Dinner Roll Mashed Potatoes Applesauce
17 NO SCHOOL	18 Cycle Day 3 TOASTED CHEESE SANDWICH Tomato Soup Honey Glazed Carrots Chilled Pears	19 Cycle Day 4 WALKING TACOS Seasoned Corn Chilled Pineapples	20 Cycle Day 5 MEAT LOAF Garlic Toast Scalloped Potatoes Warm Apple	21 Cycle Day 6 CHICKEN RANCH WRAP Dinner Roll Broccoli Florets Chilled Mixed Fruit
24 NO SCHOOL	25 Cycle Day 1 FISH PATTY SANDWICH Seasoned Corn Fruited Jello	26 Cycle Day 2 STEAK QUESADILLA Crisp Salad Pineapple Tidbits	27 Cycle Day 3 MACARONI AND CHEESE Dinner Roll Tender Peas Fresh Fruit	28 Cycle Day 4 SLOPPY JOE SANDWICH Tender Green Beans Chilled Mandarin Oranges
	Drinking milk at school is cool! The National Dairy Council recommends 3 servings a day of low fat milk products. Nutrition, Inc. offers a variety of low fat milk products including white and flavored varieties.			
Food Service Director Alaina Avery 717-838-1331 Email: alaina_avery@pasd.us		The Palmyra School District is currently <u>accepting applications</u> for the food service department. Interested Applicants contact Alaina Avery 838-1331 x2630		Available Daily at Lunch: A wide variety of fresh fruits and vegetables. <u>Milk Choices:</u> Skim, 1% Flavored, 2% White



Extended
Day
Kindergarten
Menu